

Our School Values	
Love	We show love by valuing others and ourselves so that we can become healthy and fulfilled individuals with a sense of purpose.
Unity	We show unity by having an understanding of what it is to live in a democratic society and how to maintain healthy relationships.
Courage	We show courage by responding to challenges with confidence so that we are building resilience through hope and aspirations.
Inspiration	We show inspiration by being active citizens within our community through making informed decisions and contributing to the lives of others.



Year 5

Personal, Social, Health and Economic Education (PSHE)

Healthy Me



Objective:

I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.

I respect and value my body and I understand the part this plays in maintaining my self-confidence.

Knowledge I already know

I understand the facts about smoking and its effects on health and also some of the reasons some people start to smoke.

I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.

I know that some people will put you under pressure to try harmful things. I know some things to say to avoid doing things I don't feel are right.

Knowledge I will learn

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.

I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.

I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.

I understand how the media and celebrity culture promotes certain body types. I know that some mental health issues can lead to people feeling disordered about food.

Key Vocabulary

Word	Definition
Tobacco	Nicotine-rich leaves of an American plant which are dried and fermented so they can be smoked
health risks	The likelihood that something will affect your health
misusing	Using something for the wrong purpose
anti-social behaviour	A person causing harassment, alarm or distress to other people
emergency first aid	Help given to someone who is injured or ill
disorder	Continuous disturbance of someone's behaviour



LI—I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	LI—I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.	LI—I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.	LI—I understand how the media, social media and celebrity culture promotes certain body types.	LI—I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.
Explore the effects and risks of smoking	Explore the effects and risks of alcohol	BABA Lessons	Online safety	Different roles that food takes in people's lives and how it can affect body image.